

Mountaineer

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Oct. 7, 2004

Community leaders tour Fort Carson

by Sgt. Jon Wiley
Mountaineer staff

Being briefed by a general, training on how to effectively defend oneself while moving in a military convoy, shooting an M-240B machine gun, riding in a Bradley Fighting Vehicle and eating a Meal Ready to Eat for lunch — these experiences may seem like old hat to Soldiers but for civilians they are the makings of an adventure, an adventure enjoyed by 21 local community leaders

and their guests at Fort Carson Sept. 30.

Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson, invited the group on post to thank them for the support they've shown to Mountain Post Soldiers and their family members over the past year.

Members of the tour have supported Soldiers in

See Tour, Page 4



Photo by Sgt. Jon Wiley

Dave Lininger, co-owner and founder of Re/Max real estate company, gets instruction on how to fire an M-240B machine gun from Sgt. Adam Sinclair, 43rd Combat Engineer Company, at Range 115 on Fort Carson Sept. 30.

Pumpkin patch ...

Austin Curl, 4, picks out the perfect pumpkin for his family at the pumpkin patch at the Fort Carson Fall Fest at Ironhorse Park Saturday. Free pumpkins were provided by Morale, Welfare and Recreation for the Mountain Post team.



Photo by Spc. Stephen Kretsinger

Retiree Appreciation Day set for Oct. 30 at Elkhorn

by Doug Rule

Fort Carson Public Affairs Office

Updates in military retiree benefits will be among the topics of discussion at Retiree Appreciation Day at Fort Carson Oct. 30.

Exhibits will be open from 8 a.m. to noon at the Elkhorn Conference Center. Continental breakfast will be served beginning at 7 a.m.

Each year, Fort Carson hosts the appreciation day for military retirees in the four-state area of Colorado, Utah, Wyoming and eastern Idaho. Free, limited medical and dental checkups will be available, including influenza immunizations (pending arrival of the vaccine), free legal consultation and information on retiree pay (Defense Finance and

Accounting Service representatives will be on hand) and other benefits. The Directorate of Community Activities will also have displays on their services as will several veterans' organizations. An a la carte luncheon at the James R. Wolf Dining Facility will also be available.

Attendees who have not registered their vehicle for on-post access may do so the day of the event. To register, the retiree must have a valid government photo identification card, valid driver's license, proof of current insurance and state vehicle registration.

This year's Retiree Appreciation Day is dedicated in the memory of Col. Pat St. John, Capt. Frank Romanick and 1st Sgt. Willie Turner.

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Fun and adventure for community members at Jeep 101 and Fall Fest.

See Pages 16 and 17.

Happenings



Warm fall days are a great time to visit Cheyenne Mountain Zoo.

See Pages 25 and 26.

Denver Nuggets

Players from the Denver Nuggets will be at the Fort Carson Main Exchange Wednesday from 3:45 to 5:30 p.m. Stop by for a visit.

Election day

Election day is Nov. 2, and not Nov. 9 as was misprinted in last week's edition of the *Mountaineer*. For more information about voting, call the voting assistance office at 526-8419.

Disability Awareness Month

Success knows no limitations

by Patricia Rosas
Fort Carson Special Emphasis
Program Manager

Public Law 176, enacted by Congress in 1945, designated as the first week in October as "National Employ the Physically Handicapped Week."

In 1962, physically was removed from the week's name to recognize the employment needs of all Americans with disabilities. Congress, in 1988, expanded the week to a month and changed its name to "National Disability Employment Awareness Month." October has evolved as the kick-off month for year-round programs that highlight the abilities and skills of Americans with disabilities.

According to the Census Bureau, about 54 million Americans, about one in five, report they have some kind of disability and 26 million of them, one in 10, said they have a severe disability. Unfortunately, only 35 percent of people with disabilities report being employed full or part time, three times as many live in poverty and are twice as likely to drop out of high school.

This year's theme, "You're Hired! Success Knows No Limitations!" speaks to the abilities of all Americans. In 2001, the New Freedom Initiative was announced which called for a comprehensive strategy for the full integration of people with disabilities into all aspects of American life. The

Department of Justice established the Americans with Disabilities Act Business Connection to build partnerships between the business community and people with disabilities.

The Department of the Army established objectives such as having 11,220 individuals with disabilities employed by 2005, identifying installations that achieve the Defense Department's 2 percent targeted disability goal and identify installations honored by state or local organizations.

In the matter of a split second, any one of us could become disabled. Think of the Soldiers who put their life on the line for us. Each of us would like to believe the people around us would focus on our abilities rather than our limitations. It is what we should be doing now, with everyone, focusing on the abilities.

In honor of Disability Awareness Month, the Fort Carson Special Emphasis Program Committee, in conjunction with the Directorate of Logistics, will be sponsoring a brown bag lunch, 11:30 a.m. to 12:30 p.m., Oct. 14, at building 8000, second floor main conference room. Guest speakers will be Joanne Feenstra from the Colorado Vocational Rehabilitation Office and Sgt. Brian Wilhelm, (3rd Brigade Combat Team). Please join us as we learn a bit more about disability awareness.



Cartoon by Bob Rosenburgh, 4th ROTC

Improved MREs



Why do you donate to the CFC organizations that you do?



"In case I need financial aid in the future."

Sgt. Nicholas Steffonich,
Company E, 1st
Battalion, 68th Armor



"If I need help I know the money is there. If you do a good deed, good things will come back to you."

Sgt. Katrina Davis,
360th Transportation
Company



"I give to USO because they are all about taking care of Soldiers."

Lt. Col. Tim McKernan,
Headquarters and
Headquarters Company,
43rd Area Support Group



"It's something that I care about."

Spc. Smorye Boing,
Replacement
Detachment

MOUNTAINEER

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News

Post club hosts CG's golf scramble

by Sgt. Jon Wiley
Mountaineer staff

The Fort Carson Golf Club hosted the CG's Golf Scramble Sept. 29.



Photo by Sgt. Jon Wiley

Maj. Dan Dwyer, executive officer, 3rd Squadron, 3rd Armored Cavalry Regiment, hits a shot at the CG's Golf Scramble Sept. 29.

Thirty-two teams of four participated in the event, which the club tries to hold every month.

Dave Webb, who works in the club's pro shop, said the scramble is a great way for those who are new to golfing to get a feel for the sport.

"The way a scramble works is that everyone on the team hits, and the best ball (location) of the four is selected and everyone hits from there. On the second shot, the best ball is chosen again and so on until the ball is putted into the hole," Webb said.

At the end, the score of the person who shot the best on the hole becomes the team score, so those who are new to golfing can have a good time without becoming frustrated.

Webb said scrambles are set up so that even teams that are made up entirely of beginners have a chance of winning prizes.

"If we have 30 teams, we divide them into three groups — the lowest 10 scores, the next 10 scores and the highest 10 scores — and award first, second and

third prizes to the best scores in each group," Webb said.

With this system, a beginner can get the same award as a person who has been playing for years, Webb explained.

Even though scrambles are competitive events, they are really about building camaraderie, Webb said.

"People can get out of the office, have lunch, hit a couple of balls and maybe have a few drinks," he said.

Registration fees for a golf scramble is \$100 per four-person team, which includes green fees, cart fees, lunch and prizes, and the event is open to all military and Department of Defense employees who work on Fort Carson.

Those who are interested in participating in the next scramble should sign up early. The club only has space for 32 teams, and they usually have to turn teams away, Webb said.

The next scramble will be held Oct. 28. Registration for it hasn't yet begun. Webb said registration will start as soon as Fort Carson's garrison office announces it by sending out an e-mail on

Fort Carson's global network.

For those who don't want to participate in a scramble but would like to hit a few golf balls around, the club offers reasonable prices and is open to military members and the public.

Greens fees Monday through Friday range from \$10 to \$27 for 18 holes of golf, depending on the golfer's military status and rank. For weekends, the fees range from \$10 to \$32 for 18 holes.

"Military personnel pay the same fees on the weekends as the weekdays," Webb said. "That was our gift to the Soldiers when they got back (from Iraq)."

Cart fees for 18 holes are \$13 for one rider and \$11 for two.

The club's hours are 7:30 a.m. to 7:30 p.m. Monday through Friday and 7 a.m. to 7:30 p.m. Saturdays, Sundays and holidays.

For a complete list of prices and information about the club, visit its Web site at www.ftcarsonmwr.com/recreationFacilities.html.

Tour

From Page 1

various ways including donating money, providing meals at the welcome home ceremonies for redeploying troops and organizing parades and luncheons.

The purpose of the tour was to educate the civilians about the mission here.

“(The tour) is the CG’s (commanding general) way of familiarizing folks who are important to us about what we do here. We want to give them a taste and feel for Soldier life,” said Col. Michael Resty Jr., garrison commander.

Resty added that after the community leaders gain an understanding of what Soldiers do they can educate others and “can carry the Army story in terms that civilians can understand.”

Kent Stevinson, owner of Stevinson Automotive in Denver, brought his 11-year-old son Ben along on the tour so he could learn about the sacrifices Soldiers make for the country.

“There are a lot of dads who can’t be with their kids like I can, so I think it’s important that he gets an idea of what some of the people in this country are doing for us,” Stevinson said.

For Ben, the tour was more than an educational experience; it was a chance to have some fun. He fired

an M-16A2 rifle that was hooked up to an electronic simulation system at the Engagement Skills Trainer, which he said was similar to playing a video game.

For others, the tour wasn’t so much a learning experience as a way to reconnect and strengthen existing bonds with the military.

Chris Mauter, owner of the Victor Hotel in Victor, served in the Marine Corps in the late 1970s and now does whatever he can to make sure military members know their contributions are noted and appreciated. Most recently, he helped organize the August’s Salute to Veterans parade in Cripple Creek in which hundreds of veterans marched.

“My heart is with the military and always will be.



Photo by Sgt. Jon Wiley

Spc. Greg Griser, 1st Battalion, 12th Infantry, instructs 11-year-old Ben Stevinson on the proper handling of an M-16A2 rifle at the Engagement Skills Trainer site on Fort Carson.

I still consider myself a Marine and always will. I’m doing everything I can to help the men and women who are still serving,” he said.

Military

Fort Carson kicks off CFC Sept. 30

by Sgt. Chris Smith
Mountaineer staff

Fort Carson kicked off its yearly Combined Federal Campaign drive Sept. 30 at the Special Events Center.



Photo by Sgt. Chris Smith
Jon Karroll, anchor on KRDO television, acts as the master of ceremonies for the Combined Federal Campaign kickoff ceremony Sept. 30 at the Special Events Center.

The CFC ceremony marked the official start to the campaign and gave Soldiers the opportunity to get information about the charities to which they could donate. Jon Karroll, an anchor with KRDO television, was the master of ceremonies for the event.

"Hooah!" shouted Karroll to the Soldiers. He then led applause for sponsors, key workers and the campaign manager, Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general.

Representatives from the different charities spoke in an effort to get Soldiers to see the benefits of the program, according to 1st Lt. Ryan La Voie, Fort Carson CFC installation project officer.

"It's a once a year fundraising campaign," said La Voie. "It replaces all the charities that used to solicit Soldiers throughout the year."

Reasons to donate to charities can vary. One reason many Soldiers donate is that either they have been helped or had a family member helped

by one of the charities, said La Voie.

Those who donate through the CFC receive thank-you gifts for their donations. Every donor will receive a custom CFC pin. Those who donate one hour of pay a month will receive a CFC water bottle. A donation of two hours of pay a month will receive a CFC patriotic pen. Larger donations can earn awards ranging from a trophy to a set of collector coins.

The gifts and awards are a way to recognize those who contribute to the campaign, said La Voie. However, the main reason to contribute is because the contributions go to great causes.

Fort Carson's goal for this year is \$538,500.

"I expect we'll meet it; we very well may exceed it," said La Voie.

He said he's hoping Fort Carson will meet its goal through 100 percent contact with all those eligible to donate.

"It's really a great program and I really support it," said Wilson. "It's not just because I'm the chairman, it's

because I believe in it and have for my whole career."

After Wilson spoke at the ceremony, Command Sgt. Maj. Terrance McWilliams, 7th Infantry Division and Fort Carson command sergeant major, followed with some of his own comments.

"A small contribution is not much to ask of you. A \$2 minimum monthly deduction," said McWilliams, "I know what you Soldiers are spending a day, and \$2 is like a drop in the bucket. I encourage each and every one of you to give to those who give back to Soldiers and their families."

Soldiers who donate through the CFC can submit their address along with the donation so charities have the opportunity to send a thank you.

Those donating will not only help Carson reach its goal, but help the people who will benefit from the charities.

"They're all great causes," said La Voie. "If we all pull together we can achieve our goal."

Military Briefs

Misc.

Enlistment bonus — If you were deployed in Iraq, Kuwait or Afghanistan, you may be entitled to a lump sum re-enlistment bonus of \$5,000. Effective April 13, the Army announced a retroactive bonus to qualified Soldiers that re-enlisted from March 18, 2003, to Sept. 18, 2003.

Also effective May 18, the Army announced a new listing of Selective Re-enlistment Bonus and Targeted SRB Program. Under this new message, qualified Soldiers may be eligible for a lump sum bonus of up to \$10,000.

To see if you were qualified, please see your local Career Counselor:

3rd ACR — 526-3417

3rd BCT — 526-4549

43rd ASG — 526-9366

Division troops — 526-3983.

Warrant Officer recruiting — The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks.

Positions are open in all 45 specialties if you qualify.

Applicants with less than 12 years active federal service are encouraged to apply.

For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or call (502) 626-0271/1860.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should

have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point.

For application information, go to <http://www.usma.army.mil/adjutantgeneral> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

Effective immediately: Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni Center briefing is required for all departing servicemembers. The current

ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

Call 526-1002 or 526-0640 to schedule a briefing.

Are you at end of time in service?

If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

The Commanding General's

Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

Counselor Support Center

Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Army Learning Center and Basic Skill Classes — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

Defense Activity for Non-Traditional Education Support and Advanced Personnel Testing — Monday through Friday, 7:30 a.m. to 4:30 p.m.

eArmyU Testing — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

eArmyU Office — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Military Occupational Specialty Library — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 p.m.

Claims Division hours


The Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m., closed Fridays.

To make a personnel claim, one must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, one must submit a DD 1840/1840R.

Submit completed claims Tuesdays and Thursdays from 9 to 11:30 a.m. and 1 to 4 p.m. Closed on Fridays.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.



BOSS meeting — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

Dining Schedule

Wolf Inn (building 1444)

	Weekdays	Weekends
Breakfast	7 to 9 a.m.	7:30 to 9 a.m.
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6 p.m.

Striker Inn (building 2061)

	Weekdays	Weekends
Breakfast	7 to 9 a.m.	7:30 to 9 a.m.
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6 p.m.

Patton Inn (building 2161)

	Weekdays	Weekends
Breakfast	7 to 9 a.m.	7:30 to 9 a.m.
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner	5 to 7 p.m.	4:30 to 6 p.m.

Oct. 8 to 15

Exceptions

- Open Oct. 8 to 11, Patton Inn and Wolf Inn.
- Open Oct. 16 and 17, Cav Inn and Wolf Inn.



Cav Inn (building 2461)

	Weekdays	Weekends
Breakfast	7 to 9 a.m.	7:30 to 9 a.m.
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner	5 to 7 p.m.	4:30 to 6 p.m.

La Rochelle Inn (building 7481)

	Weekdays	Weekends
Breakfast	7 to 9 a.m.	Closed
Lunch	11:30 a.m. to 1 p.m.	
Dinner	5 to 6:30 p.m.	

Long Knife Inn (building 9612)

	Weekdays	Weekends
Breakfast	7 to 8:30 a.m.	Closed
Lunch	11:30 a.m. to 1 p.m.	
Dinner	Closed	

Lane training a real-world experience for Soldiers from 1st Space Battalion

by Sgt. 1st Class Dennis E. Beebe
Space and Missile Defense Command/Army
Strategic Command Public Affairs Office

Soldiers from the 1st Space Battalion, stationed at Peterson Air Force Base, finished up lane training at Fort Carson's Range 17 Thursday under the watchful eyes of three observer controllers from Fort Carson's 3rd Brigade Combat Team, 4th Infantry Division.

The observer controllers recently returned from a tour of combat duty in Iraq where they faced the same challenges in their day-to-day missions that the 1st Space Battalion Soldiers met during the training.

The exercise consisted of convoy operations, reacting to fire, medical evacuation procedures, radio communications and other combat skills that would come into play in a real-world combat situation.

"The scenarios our space warriors are facing reflect realistic situations in the field," said Capt. Jeffrey Groskopf, officer in charge of the Lanes Training Exercise. "The end result is to improve convoy operations, increase familiarization with assigned weapons and increase proficiency in combat skills.

"Some other goals are to have the Soldiers become comfortable with their weapons and have confidence in themselves and their team members," he said.

During the exercise, the Soldiers traveled in a convoy along the road when suddenly an obstacle appeared in their path. Yellow, white and purple smoke caused the convoy to stop; then, an Improvised Explosive Device went off beside the

convoy and destroyed one of the vehicles, "killing" one of the Soldiers. The Soldiers had to "buddy carry" the Soldier to an awaiting vehicle to medically evacuate him out of the danger zone. The other Soldiers provided cover fire against the opposing forces who were attacking from the edge of the forest as part of the ambush.

These Soldiers have all the right tools and are getting the proper training to help them survive attacks similar to ones they may face in Southwest Asia, said Staff Sgt. Robert Palmer, observer controller.



Sgt. Justin Williams, left, and Staff Sgt. James Fix, right, move Sgt. Paul Lizer to a medical evacuation vehicle during lane training at Fort Carson.



Photos by Sgt. 1st Class Dennis E. Beebe
Maj. Richard Zellmann carries Sp. Michelle Yeager to awaiting medical evacuation vehicle after an improvised explosive device knocked out the vehicle she was riding in.

TRICARE

Military families transition to new region

Courtesy TriWest Healthcare Alliance

TriWest Healthcare Alliance, the TRICARE West Region health services support contractor, transitioned 1.2 million TRICARE-eligible military men and women, retirees and family members in the 16 states of TRICARE's former Central Region into the new 21-state West Region.

This is the last of three phases to form the new West Region, one of three new regions serving the beneficiaries of TRICARE, the military's health care program.

The states in the former Central Region transitioning to the new West Region are Arizona, Colorado, Idaho, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, Nevada, New Mexico, North Dakota, South Dakota, Utah, Wyoming and western Texas. TriWest has served these states since 1996.

"TriWest is in the business of caring, so we feel very proud and quite privileged to serve the deserving service men and women based and living in these states, as well as their eligible family members, retirees and their eligible family members," said TriWest president and chief executive

officer David McIntyre. "We look forward to fulfilling our commitment to TRICARE by doing 'Whatever It Takes' to serve America's military families throughout this new, expansive West Region."

This transition is part of the Department of Defense's next generation of health-care contracts in which three regional contractors will provide improved customer service, easier access to care and a reduced need for transferring Prime beneficiaries' enrollment when moving.

The new West Region results from a five-year, \$10 billion Defense Department contract awarded to TriWest in August 2003.

Under the new contract TriWest's service area expanded from 16 to 21 states stretching from the banks of the Mississippi River to the beaches of Hawaii and encompassing 2.3 million square-miles, the largest of TRICARE's three regions.

In addition to the states in the former Central Region, TriWest Healthcare Alliance also serves TRICARE beneficiaries in Alaska, California, Hawaii, Oregon and Washington. Oregon and Washington were transitioned into the new West Region June 1 and the other states July 1.

Formed from an alliance of 11 Blue Cross Blue Shield health plans and two university hospitals specifically to bid on the first generation of TRICARE contracts, Phoenix-based TriWest Healthcare Alliance began operations in 1996 when it was named one of four-managed-care support contractors for the military health system and awarded a \$2.5 billion, five-year contract. As part of the new contract, four additional Blue Cross Blue Shield plans joined the alliance.

"TriWest's unique approach of having respected locally-based health care entities — our owners — build and manage our provider networks has maximized health care access for beneficiaries in remote communities throughout the former Central Region - and we believe this innovative model will be equally effective in the new West Region," McIntyre said.

TriWest Healthcare Alliance is the largest defense contractor headquartered in Arizona. It employs about 1,500 people and holds the 17th largest U.S. defense contract for 2003. With the transition to the new TRICARE West Region contract, the company more than doubles its customer base from 1.2 million to 2.7 million beneficiaries.

Community

Fire prevention week around post

by Spc. Stephen Kretsinger
Mountaineer staff

Fort Carson Fire and Emergency Services is holding events all across post in recognition of Fire Prevention Week. Fire Prevention Week is held this year from Monday to Friday.

"Once a year, during whatever week that Oct. 9 falls into, fire departments, nationwide, come together to educate the public," said Dave Colmus, fire inspector, Fort Carson Fire and Emergency Services.

Oct. 9 is the anniversary of the Great Chicago Fire, the tragic 1871 fire that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began Oct. 8, but continued into and did most of its damage Oct. 9, 1871.

"Each year there is a theme and this year it is 'It's Fire Prevention Week: Test your fire alarms,'" said Colmus. "That's what we are stressing people to do; to go out and test their fire alarms, change their batteries."

Roughly 70 percent of home fire deaths result from fires in homes with no smoke alarms or no working smoke alarms.

"We really want people to test their smoke detectors," said Colmus. "Change your batteries if they need to be changed. We stress to people to change the batteries when they change their clocks; when the time changes, change them. That way you make sure that you've changed them twice a year. Be fire safe, we want to keep our

fires down."

Fires on Fort Carson have been down this year, said Colmus, and he is hoping fire awareness will continue the trend.

"So far, fires are down on Fort Carson this year," said Colmus. "I think people are being more aware. One of our jobs is to get out and talk to the units and talk to people in general. All in all, from what we've seen this year, fires are down."

When buying a smoke detector, Colmus says there really isn't a bad choice. All smoke detectors are all tested by Underwriters Laboratory, said Colmus.

"They're all good as long as when you install them, you install them according to manufacturer's instructions," said Colmus. "There's really not a bad one. It's good to check them out on the internet. They have detectors that range from a few dollars to 'up there' in dollars."

In on-post housing, there should be smoke detectors in all bedrooms, every sleeping area, every living area and every level. Colmus said there are some rooms that should not have smoke detectors in them.

"Never in the kitchen and never in a bathroom," said Colmus. "Every time you cook, they will go off and the detectors can't always tell them difference between smoke and steam. Steam may also make the smoke detectors wear out quicker than normal."

Those living in on-post housing are responsible for changing batteries in smoke detectors but not for other maintenance.

Smoke detectors should be tested monthly, said Colmus. Smoke detectors will have a test button on them and should sound when the button is pressed. If the smoke detector does not sound when tested, the smoke detector should be replaced or repaired. People living on post should call the housing office if this occurs.

"This year (during Fire Prevention Week) we are all over the post," said Colmus. "We are in the school: the firemen are going to eat lunch with the kids in the schools. We are doing assemblies featuring Sparky the Fire Dog. We are at the PX (post exchange). We're going to go out and hold several fire drills around the post. Basically, we are just try-



Photos by Spc. Stephen Kretsinger

Tré Young, 8, shows Sparky the Fire Dog how to scream for help if you are stuck on the second floor of a burning building in a roleplaying exercise at an assembly at Patroit Elementary School Monday.



Kyria Davis, full-time student, peruses the Fire Prevention Week display Monday that was set up at the post main exchange.



Fire Captain Michael Orr, Fort Carson Fire and Emergency Services, talks to the children of the Child Development Center while they wait to take a tour of a Fort Carson fire truck Tuesday.

ing to get out in the community as much as we can and get the word out."

The PX has static displays of different fire trucks for members of the Mountain Post team to view, plus a display with information and free gifts.

"We got our display where we are handing out gifts," said Colmus. "Each of the gifts has a fire slogan on it. We have a lot of brochures and we are really pushing those. Especially

about candle fire safety this year, because the last three major fires on Fort Carson were due to candles. We are trying to get the word out to be safe with your candles.

"We are glad to be out in the community," said Colmus. "It's always fun. It gives our firefighters a chance to get out and talk with the people and the people seem to enjoy having them around."

Chaplain's Corner

Celebrating Columbus' discoveries

**Commentary by Chap. (Maj.) David Causey
3rd Armored Cavalry Regiment
regimental chaplain**

Can you imagine a time when there were no amber waves of grain in America, no American Indians riding horses, no Italian housewives cooking tomato sauce, no black-eyed peas in the South, no bananas in Guatemala and no sugarcane in Cuba?

Can you envision a world when there were no juicy apples in Washington, no fish and chips in England, no oranges in Florida, no peaches in Georgia, and not even any coffee in Columbia? Well, that's the way it was — before 1492!

Christopher Columbus' discovery of the New World changed everything. He opened a virtual thoroughfare of trade and an exchange of goods, plants, animals and ideas that changed life for both worlds, old and new.

With the coming of the Europeans, there also came all kinds of domesticated animals such as horses, cattle, sheep, goats, pigs and donkeys. None of these existed in America before their arrival from Europe. They also brought crops that the New World had never seen: small grains like wheat, oats and barley for the fertile plains. And for the American tropics they brought bananas, sugar cane, rice and citrus fruits. And would you believe that fruits such as peaches and pears were unknown in North America before 1492? Equally unknown in America were cul-

tivated vegetables like cucumbers, cauliflower, cabbage and onions. Even the All-American daisy is a European transplant.

But the American Indians also contributed many crops that Europeans had never seen; crops such as corn, tobacco and tomatoes. In fact, one crop that came from South America has been called the "perfect food" because of its nutritional value and its role in feeding untold millions in Europe — the potato. Without the New World, Europeans would never have enjoyed sweet potatoes, squash, pineapples, cranberries or avocados. They would have never seen flowers like zinnias, marigolds, dahlias, sunflowers or poinsettias. And thousands of lives would not have been saved from malaria if the Europeans had not discovered that they could get quinine from the bark of the cinchona tree. And can you think of a world without either vanilla or chocolate? They were both unknown in Europe before 1492.

Is it any wonder that we celebrate Columbus Day and reflect on its significance? The fact is, a great deal of good came from Columbus' voyages of discovery. Though often vilified, Columbus and his successors triggered the exchange of many blessings that left neither world poorer, but both worlds richer. But that is true in all of life. The exchange of ideas and information and of all that is good leaves none of us the poorer, but makes all of us the richer. There is logic in giving and sharing. Do you recall the old

adage, "a grief shared is a grief cut in half, but a joy shared is a joy doubled?" Sir Winston Churchill once explained, "We make a living by what we get; we make a life by what we give." And the scripture reminds us, "There is more joy in giving than in receiving." (Acts 20:35)

Briefs

Catholic Family Religious Education —

Registration is currently under way for all Catholic Family Religious Education programs. Please complete the registration forms at Soldiers' Memorial Chapel during duty hours and on Sunday morning. Space is limited, please register today. For information contact Pat Treacy at 524-2458.

American Indian services —

The He Ska Akicita Inipi, is located on Fort Carson. All native and non-native people, military personnel, family members, and Department of Defense personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) micheal.dunning@carson.army.mil, or Charles Erwin at 382-8177, (e-mail) erwin106@juno.com, or Zoe Goodblanket at 442-0929 for more information and directions.

Community Briefs

Miscellaneous

Blood drive — Bonfils Blood Center will host a blood drive Tuesday from 9 a.m. to 4 p.m. at the Special Events Center. Visit the Web site at www.bonfils.org/bonfils.php?section=donor&page=eligibility for donor information or call the Blood Center at (303) 363-2202.

Child-care openings — Child and Youth Services currently has openings for children ages six weeks to fifth grade. Call 526-1101 for more information.

Santa's Workshop — Local children in need will be provided a toy during this holiday season based on the generosity of the community. The annual giving tree — in which needy children are identified by age and sex — will be set up at the post exchange. If you would like to participate in this Fort Carson Officers' Spouses' Club event you can select a name and donate a new, unwrapped toy for that child. If you would like to donate money, send it to: Santa's Workshop; P.O. Box 12886; Fort Carson, CO 80913.

Call Katie at 559-9512 for information about how you or your unit can participate.

Theater touring company — The U.S. Army Community and Family Support Center will be sponsoring the production "The Complete History of America." This production is solely comprised of active-duty military. For those Fort Carson Soldiers who have a talent in acting, singing and dancing and want to be considered as part of the casting for this production that will be touring throughout the world, contact Al Gambala, theater director, at 526-1867, fax 526-4693 or e-mail al.gambala@carson.army.mil. Nominations will be selected through several methods and package submitted to higher levels. Gambala will work with each individual on a submission package.

If you have at least 90 days time in service remaining after Feb. 28, 2005, fully deployable worldwide with no restrictions for health, family or legal reasons for overseas areas and your unit will confirm your availability, then consider applying. The opportunity to travel, perform and represent the Army, entertain fellow Soldiers and family members is possible. Deadline for nomination packages to higher levels is Oct. 15.

Battle of Bands — Army-level finals of the 2004 Battle of Bands are slated for Oct. 23 at Fort Eustis, Va. Fort Carson is anticipating entering a band for this competition, which will be co-sponsored by U.S. Army Community and Family Support Center. Fort Carson Morale, Welfare and Recreation is soliciting active-duty members with instrumental and vocal skills to form a band for this competition. For those interested in forming a band, call Al Gambala at 526-1867 or e-mail al.gambala@carson.army.mil. With the abundance of talent within the Fort Carson active duty military, Fort Carson MWR is confident a post band can compete against other installations in the Army.

Dust control — To help prevent dust traveling off post and to minimize air pollution issues in surrounding communities, Fort Carson will spray magnesium chloride on all unpaved roads in the cantonment area and on the more traveled down range roads through today.

Magnesium chloride is an environmentally friendly dust control and soil stabilization product; it does not cause harm to human health or the environment. It attracts moisture to provide maximum control of dust. After the road has been prepared for a dust control treatment, magnesium chloride is

applied. Each year previously treated roads must be retreated with magnesium chloride and as the roads are retreated dust abatement improves. Freshly sprayed areas should be avoided.

JPSO renovations — From October to April the Joint Personal Property Shipping Office, in building 1220, will be undergoing renovations and construction on the second and third floor. Occupants are expected to be exposed to a minimal amount of dust, noise and odors from solvents, paints, glues and asbestos.

Parking will also be at a premium in the north parking lot. Additional parking is available across the street from the south parking lot.

Harmony in Motion — Harmony in Motion, Fort Carson's premier vocal ensemble, is currently holding auditions. Positions are limited and only the best will be accepted. Call Sgt. Travis Claybrooks at 338-2340 for more information.

New TRIWEST number — TRIWEST has a new appointment number. The toll-free number changed from (888) TRIWEST to (866) 427-6606, and local numbers will be disconnected. The change is due to a change in phone service contracts.

TRICARE customer assistance — The TRICARE Customer Assistance Center located at 5475 Mark Dabbling Blvd. will close Oct. 1. Following the closure, military beneficiaries will need to go to one of the TRICARE Service Centers located in the three military treatment facilities in Colorado Springs or the Fort Carson Welcome Center.

For more information, call 264-5000, option 4. **Musician needed** — Prussman Gospel Service is looking for a piano, organ or keyboard player. Experience is a must. If anyone is interested in this position, call Chap. (Capt.) Jamison Bowman at 200-3909 or Prussman Chapel at 524-2871.

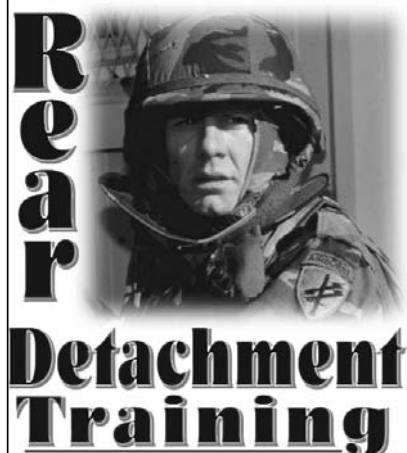
New requirements for pet travel to Europe — Beginning Oct. 1, the requirements for Soldiers making a permanent change of station to Europe with their pets will change. Pets will be required to have a specific type of microchip. The microchips must be ISO compatible, which is not a type of chip generally administered in the United States. So, even if your dog has a microchip, unless it is ISO compatible, it will not be adequate for travel into Europe. If you have Permanent Change of Station orders to Europe, come to the Fort Carson Veterinary Treatment Facility in building 6001, Nelson Boulevard, just inside Gate 1.

Fort Carson OSC charitable funds — Each year, the Fort Carson Officers' Spouses' Club distributes charitable funds to assist and support non-profit organizations. The FCOSC is currently accepting applications for distribution of these funds. The funds will be disbursed in late November 2004 following a review and selection process of all applications by the FCOSC. To request an application, contact Bambi Brimmer, FCOSC Welfare Chairperson via e-mail at fortcarson_officersspousesclub@yahoo.com or P.O. Box 12886, Fort Carson, CO 80913. All applications must be postmarked by Thursday.

Seven Habits of Highly Effective Military Families — Building a strong, healthy and successful family is challenging under the best of circumstances. Military families have their own special set of challenges that only they can understand. Fort Carson's Family Advocacy Program is happy to bring to the community a new program specifically designed to address the concerns that matter most to military families. In "The Seven Habits of Highly Effective Military Families," they'll discuss more than basic family issues, they'll cover topics such as finances, relocation, deployment and many other issues that affect military families. This three-session class will meet on the following dates:

Wednesdays: Oct. 13 and 20 from 6:30 to 8:30 p.m. at the ACS Family University, building 1161 (off of Berkeley Avenue and Ellis Street).

**Army Community Service
Family Readiness Center**
719-526-4590



**17, 18 & 19
November** (3 day course)
8am - 4pm
Family Readiness Center, Bldg 1526

Designed to help prepare rear detachment personnel to meet the challenges that may arise during deployments. Topics addressed include: problem solving, community resources, financial readiness, crisis & grieving and how to handle stress.
Call now, limited spaces, 526-4590.

- Free child-care is available.
- Refreshments, books and other learning materials will be provided.
- This class is free and open to all military families.
- Register now, call ACS at 526-4590.

Visit us at www.carson.army.mil (Click on "Army Community Service").

Yard Sale — Fort Carson Mayors' yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are Oct. 16 and Nov. 6 and 20.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Residents are responsible for conducting their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with regulations about solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your mayor or the program coordinator at 526-1082 or 526-1049.

Claims against the estate

Claims against the estate: With deepest regrets to the family of Sgt. 1st Class Andre V. McDaniel, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Christopher Peterson at 526-2796.

Chapel

Hallelujah Fun Night — Join in the fun of this Halloween alternative at Soldiers' Memorial Chapel Oct. 27 from 5:45 to 8 p.m. Come in your costume (please avoid scary costumes) and complete the scavenger hunt for a special prize. Fun and games will include pizza, magic show, puppet show, skits, candy, music relay races, face painting, snacks and much more. For all the toddlers there will be a special room with age-safe treats and games. This program is sponsored by the Fort Carson Protestant Women of the Chapel.

Catholic Women of Fort Carson news — Because of the success of the daytime gathering, the members will meet twice a month on the second and fourth Thursdays. The next meeting of the First Friday group of the Catholic Women of Fort Carson is today from 5 to 8 p.m. at Soldiers' Memorial Chapel. The evening starts with the Rosary and Mass followed by supper and fellowship. The evening will end with a program on the history of the Rosary. Attendees are asked to bring a special Rosary and story to share with the group.

Free child-care can be reserved three days prior to each event by calling Melanie Sorensen at 392-2983. Call Dominique Haftmann at 559-6680 for more information.

Protestant Women of the Chapel — PWOC meets every Tuesday at Soldiers' Memorial Chapel from 9 to 11:30 a.m. For questions, call Barbara McConaughy at 310-7693.

Chapel Schedule					
ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Amano/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Amano/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Amano/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Amano/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Amano/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Amano/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Martinez/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
LITURGICAL					
Sunday	10:45 a.m.	Lutheran/Anglican	Provider	Barkeley & Ellis	Chap. Mitchell/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Monday	6:30 p.m.	Family University	Building 1161	Melissa Dalugdug/330-7873	
NATIVE AMERICAN SWEATLODGE					
Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.					

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 119:9-16 & Lamentations 1-2
Saturday — Psalms 119:17-24 & Lamentations 3-5
Sunday — Psalms 119:25-32 & Ezekiel 1-3
Monday — Psalms 119:33-40 & Ezekiel 4-6
Tuesday — Psalms 119:41-48 & Ezekiel 7-9
Wednesday — Psalms 119:49-56 & Ezekiel 10-12
Thursday — Psalms 119:57-64 & Ezekiel 13-15

The Army Cycle of Prayer — Each week, the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations.

The Army Cycle of Prayer. Please pray this week for the following:

Unit: For the Soldiers and leaders of the 3rd Infantry Regiment (Old Guard); 412th Civil Affairs Bn. and 463rd Engineer Battalion serving in the Horn of Africa.

Army: For Lt. Gen. James B. Peake, Surgeon General of the Army and commander, U.S. Army Medical Command, and the military and civilian person-

nel who work in the Office of the Surgeon General.

State: For all the Soldiers and families from the state of Kentucky. Pray also for Gov. Ernie Fletcher, the state legislators and local officials of the "Bluegrass State."

Nation: For Condoleezza Rice, national security advisor to the president of the United States. Pray also for the personnel who work in the office of the National Security Council.

Religious: For all those who thirst for knowledge and seek the truth. May they be filled.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.



Malik Birks, 11, does a wheelie while riding to the top of a berm on the dirt bike course at the Fort Carson Fall Fest at Ironhorse Park Saturday.



Lorry Pearson, from Off the Wall Body Art Studios, draws a sun-shaped henna tattoo on Alexandria McFall, 11, at the Fort Carson Fall Fest at Ironhorse Park Saturday. Henna tattoos look similar to real tattoos, but only last for up to four days.



Participants of Jeep 101 test their four-wheel driving skills Saturday and Sunday on the 10-minute long course built at Ironhorse Park as part of Fort Carson Fall Fest. Five different models were available for test drives on the custom-made course. A red Jeep Cherokee Laredo, right, climbs a 42-degree slope to the top of a 45-foot hill with a Jeep Liberty following close behind.



Zachary, front, and Tyler Morrison, both 3, enjoy a pony ride at the Fort Carson Fall Fest at Ironhorse Park Saturday. The pony rides were sponsored by Turkey Creek Ranch.



Ashley Ball, 5, navigates an obstacle course at the Fort Carson Fall Fest at Ironhorse Park Saturday.

Jeep 101 and Fall Fest offers fun and adventure for Mountain Post

by Pfc. Clint Stein
Mountaineer staff

It was a festival filled with fun and four-wheeling. Hundreds of Fort Carson Soldiers and their families, as well as other members of the Colorado Springs community, participated in the Fort Carson Fall Fest at Ironhorse Park Saturday and Sunday hosted by Morale, Welfare and Recreation and Jeep.

There were several activities for both children and adults, including a Jeep 101 class where adults with a valid driver's license could test their four-wheel driving skills on an off-road course built by Jeep.

Fort Carson is the ninth stop during a 13-event tour Jeep is promoting in appreciation of military servicemembers and their sacrifices made overseas, said Matt Stark, marketing director for Jeep 101.

"With everything going on in the world, we wanted to give something back to the servicemembers," said Stark.

Although there were several Jeeps on display, as well as a giant tent where television monitors and bulletin boards showed the history of Jeeps and features of the latest models, there were no sales pitches. "We wanted to create an environment where people could see the Jeeps, have fun and not feel pressured by sales people," explained Stark.

Part of the fun for many people was test driving one of the 25 different Jeeps available for the off-road and on-road courses. "We designed several obstacles on the course that would show the Jeeps' different capabilities," said Brett Witt, course designer and builder for Jeep 101. "Most people can't believe they were able to drive through some of the obstacles."

Before climbing inside one of the off-roading machines, participants had to undergo a 10-minute orientation in order to receive some off-roading rules and safety briefings. After completion of the

briefing, drivers and their families could ride through the eight- to 10-minute long course accompanied by an instructor from Jeep 101.

"We didn't know what to expect," said Larry Pierce, who test drove one of the Jeeps on the off-road course. "The course was great, and the Jeep handled it better than I expected."

The adults were not the only ones who got to test drive a vehicle during the Fall Fest. Small children were also given an opportunity to drive a four-wheeler of their own. A miniature off-road course was set up for the younger children to drive Jeep power wheels. There were tricycles and a tricycle obstacle course available for those children wanting to ride something that involved a little more manpower.

For those who wanted to ride something without wheels, Turkey Creek Ranch provided pony rides on both days. The ranch workers also entertained people Sunday with an old-fashioned hay ride.

Although there were pony rides, hay rides and Jeep rides, no fall fest is complete without pumpkins. There was a pumpkin patch provided for anyone wanting to take a pumpkin home with them. Children or adults could help themselves to any pumpkin they thought would make a great addition to their October celebration. Parents watched as their child scampered through the orange pumpkin collection in search of the right one.

Other activities included a mountain bike course, with bikes provided, a temporary tattoo booth, a maze built of hay bales, BB-gun shooting and fly-fishing lessons.

All activities during the fall fest were free of charge to both military and civilian participants.

The Outdoor Recreation Complex also provided booths with information on other activities it offers at Fort Carson.

For information on outdoor activities, contact Outdoor Recreation Complex at 526-2083.



Out & About

Oct 7 - 15, 2004

Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161
Visit us at www.ftcarsonmwr.com

XTREME'S HALLOWEEN

Sunday, October 31

9:00 pm to 2:00 am

free food
costume party
games
cash giveaways
fun
entertainment
NO COVER!



For info, call 576-7540

LIBRARY HOURS

Mon - Thurs 11 am - 8 pm

Fri 11 am - 5 pm

Sat - Sun 10 am - 6 pm

STORYTIME
EVERY WEDNESDAY
10:30 am - 11 am

Children ages 3 to 6
and others with
adult supervision.
Doors open at 10:15 am.
Use the east doors.

For more info,
call 526-2350.



STAY TUNED FOR THESE UPCOMING EVENTS

(For info, please call the number listed beside the event.)



18-Oct-04	Red Ribbon Campaign	526-2501
22-Oct-04	Southwestern Table Class	526-3487
24-Oct-04	Multi Pitch Climbing	526-8353
25 Oct - 18 Dec 04	Basketball, Cheerleading Registration	526-2310
31-Oct-04	Xtreme Halloween	576-7540
31-Oct-04	Harvestfest	526-2310
2-Nov-04	Xtremes Poker Night	576-7540
7-Nov-04	Xtremes Poker Night	576-7540
9-Nov-04	Xtremes Poker Night	576-7540
9-Nov-04	Intramural League Bowling	526-6630
13-Nov-04	Veteran's Day Volksmarch	524-1388
13 Nov - 21 Nov 04	Military Family Appreciation Week	526-4494
14-Nov-04	Xtremes Poker Night	576-7540
16-Nov-04	Xtremes Poker Night	576-7540
19-Nov-04	Wood Joinery Hand Tools	526-3487
21-Nov-04	Xtremes Poker Night	576-7540
23-Nov-04	Xtremes Poker Night	576-7540
24-Nov-04	Turkey Trot	526-2151
28-Nov-04	Xtremes Poker Night	576-7540
30-Nov-04	Xtremes Poker Night	576-7540
2 Dec - 5 Dec 04	Holiday Village	526-4494
3-Dec-04	Christmas Gift Class	526-3487
6-Dec-04	Intramural League Basketball	526-6630
7-Dec-04	Xtremes Poker Night Final Tournament	576-7540
9-Dec-04	Santa's in Town	576-6646
31-Dec-04	New Year's Eve Party at Xtremes	576-7540



Sports & Leisure

Post champions

Dining facility takes unit football crown

by Walt Johnson
Mountaineer staff

You didn't hear much from the dining facility football players during the regular season, and you didn't hear a lot from them during the beginning of the post intramural flag football playoffs.

But when the playoffs finished Monday, you heard a lot from the team as it celebrated winning the post intramural flag football championship after defeating the 64th Forward Support Battalion and Battery C, 1st Battalion, 44th Air Defense Artillery on successive nights.

The dining facility team brought a tough-as-leather defense into the playoffs that shut down one team after another en route to the championship. For most of the season, the team was undefeated, and it looked like it could be on its way to the championship based on its play.

In the team's third to last game of the season, it ran into its first adverse condition of the season, losing a heart breaking 8-6 decision to the defending post champions from the 10th

Combat Support Hospital.

After that game, dining facility coach James Parks challenged his team to come together and make the sacrifices necessary to win the post championship.

"After we lost to the 10th CSH, we were determined that we would not lose another game this season. I saw the 10th CSH out practicing every day when I would go to the fitness center for my daily physical training, and I told my guys that the key to success is how much time you want to put into practicing so we could become a better team. The team committed to practicing three days a week, and we started to come together as a team heading into the playoffs instead of relying on our individual talent," Parks said.

Still, going into the playoff tournament, no one knew just how much this team had jelled until it started playing the games. The offense was so creative that no team was able to prevent it from scoring as much as it simply missed a lot of scoring oppor-

See Football, Page 23



Photos by Walt Johnson

Battery C, 1st Battalion, 44th Air Defense Artillery's Mark Fuller, right, runs away from a dining facility defender during the team's game Thursday at the Mountain Post Sports Complex.

Mountaineer Youth Sports

Running to daylight ...

Fort Carson youth center running back Shawn Braughton, center, eludes defenders from the Colorado Springs Boys and Girls Club Aztecs tackle football team Saturday at Memorial Park in Colorado Springs. Braughton scored the team's only touchdown on a kickoff return as the post team fell 44-6. The team will be in action Saturday at 8:30 a.m. at Memorial Park.



Photo by Walt Johnson

On the Bench

‘Lights on’ program at youth services

by **Walt Johnson**
Mountaineer staff

In an effort to help Fort Carson youth and parents understand how to help children stay away from trouble, a “lights on” awareness session will be held at the youth center Thursday from 5 to 7 p.m.

According to youth services officials, the program is designed to fight the single most dangerous time for youth in the country — between 3 and 6 p.m. Most juvenile crimes and experimentation with drugs, alcohol, cigarettes and sex take place at these hours, according to statistics.

The program is designed to give both children and parents an idea of what the Fort Carson Youth Center has to offer during this time that can help youth develop into the next phase of mind and give parents peace of mind about what their child is doing while they are working.

The post youth center is gearing up for the upcoming winter basketball, in-line hockey and cheerleading seasons.

Registration is currently underway

for in-line hockey (7 to 9 years old, 10 to 12 years old, 13 to 15 years old and 16 to 18 years old) and will take place until Oct. 30. The season is scheduled to begin Nov. 15 and run until Jan. 8, 2005.

The youth basketball registration period is from Oct. 25 to Dec 18. The season begins Jan. 22 and ends March 12. Teams will be formed in the following age groups: 3 to 4 years old, 5 to 6 years old, 7 to 9 years old, 10 to 12 years old, 13 to 15 years old and 16 to 18 years old. There will be a skills assessment for 7 to 9 (6 to 7:30 p.m. Jan. 4) and 10 to 12 years old (6 to 7:30 p.m. Jan. 5).

The cheerleading registration period is from Oct. 21 to Dec. 18. Teams will be formed in the following age groups: 5 to 6 years old, 7 to 9 years old, 10 to 12 years old, 13 to 15 years old and 16 to 18 years old. The season is Jan 22 to March 22. Coaches are also needed for the cheerleading program

Each activity requires physicals and military identification cards. Call central registration at 526-1100 or 526-1101 for more information.

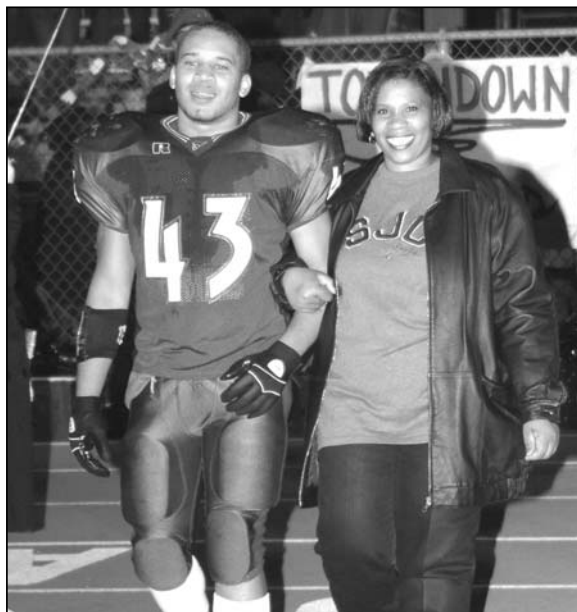


Photo by Walt Johnson

Mom's “Junior” king ...

Fort Carson's Charles “Junior” Moody, left, linebacker for the Fountain-Fort Carson Trojans football team, walks into the stadium with his mother Regina Moody during halftime homecoming king and queen festivities.

Pigskin Picks

College/NFL Week 5



Jerome Carson
C Co., 1/8 infantry



Susan Gordon
Family member



Antonasio Viera
C Co., 1/8 Infantry



Aaron Ziegler
HHT, 2/3 ACR

Oklahoma at Texas	Oklahoma	Texas	Texas	Oklahoma
California at Southern California	Southern California	Southern California	Southern California	California
LSU at Florida	LSU	Florida	LSU	Florida
Stanford at Notre Dame	Notre Dame	Notre Dame	Stanford	Notre Dame
Tennessee at Georgia	Georgia	Georgia	Georgia	Georgia
Detroit at Atlanta	Atlanta	Atlanta	Atlanta	Atlanta
Minnesota at Houston	Minnesota	Minnesota	Minnesota	Minnesota
N.Y. Giants at Dallas	N.Y. Giants	Dallas	N.Y. Giants	N.Y. Giants
Oakland at Indianapolis	Indianapolis	Oakland	Indianapolis	Indianapolis
Buffalo at N.Y. Jets	N.Y. Jets	N.Y. Jets	N.Y. Jets	N.Y. Jets
Arizona at San Francisco	Arizona	Arizona	San Francisco	Arizona
Carolina at Denver	Denver	Denver	Denver	Denver
St. Louis at Seattle	Seattle	Seattle	Seattle	Seattle
Jacksonville at San Diego	Jacksonville	Jacksonville	Jacksonville	Jacksonville
Baltimore at Washington	Baltimore	Baltimore	Washington	Baltimore
Tennessee at Green Bay	Green Bay	Tennessee	Green Bay	Tennessee

Mountaineer Intramural Sports

3-on-3 champs ...

Medical Department Activity basketball player Swayne Jordan, shoots over defenders Doug Taylor, left and Henry Floyd, center, during the championship game of the post 3-on-3 basketball tournament Sept. 30 at Garcia Physical Fitness Center. Jordan and his teammates, Anthony Ringold and Clif Davis won the tournament by defeating Taylor, Floyd and their teammate Corey Anderson. Robert Nieto, program coordinator said the tournament was "fun for the players, a joy for us to host and gave the basketball players a good chance to get ready for the upcoming intramural season. Most of the people that participated in the program said they feel it was a good experience."



Photo by Walt Johnson



Photo by Walt Johnson

Battery C, 1st Battalion, 44th Air Defense Artillery quarterback Mark Fuller, 9, looks over the dining facility defense during playoff action Thursday night.

Football

From Page 19

tunities. The team's offensive game plan was simple. Parks said the team didn't want to throw the ball all over the place and not accomplish much. The plan was to systematically control the ball, take time off the clock and then score.

The defense was another story all together.

The dining facility defense was so good that it gave up only three long plays, no second half touchdowns and only two touchdowns during the four-game play-off run. The key to the solid defense was talent and scheme, according to Parks.

"We know that we have a lot of talented players in the dining facility unit. We were not concerned that anyone would be able to handle our speed. We think we have the most speed on post. Our idea was to play a 2-2-3 or 3-2-2 scheme where we played man-to-man on the quarterback and either a wide receiver or running back, depending on the situation. Once we got our coverage set the other team had nowhere to go," Parks said.

"This means a lot to us because cooks love one another when we are at work or play. We are happy that we can celebrate as champions together," Parks said.

Cheyenne Mountain Zoo

Happening's



Giraffes in Cheyenne Mountain Zoo get close to visitors while looking for a cracker.

Story and photos
by Nel Lampe
Mountaineer staff

The old-fashioned reference "zoological park" is appropriate for Cheyenne Mountain Zoo. Tree-lined paths and this year's abundant flowers makes the zoo look much like a park. Several play areas for children complete the park atmosphere.

Cheyenne Mountain Zoo is a mountain zoo and rated as one of the finest mid-size zoos in the nation.

The award-winning African Rift Valley natural habitat exhibit near the entrance is itself worth the price of admission. Created as an African-like valley in natural habitat with buildings and huts which might have been transported from Africa, the animals seem to roam freely. Hidden barriers keep the animals from leaving the exhibit. Predominating the African Rift Valley by size and number, the giraffes overshadow the exhibit. Cheyenne Mountain Zoo has the world's largest herd of giraffes in captivity. Nearly two dozen giraffes mosey around the exhibit.

The "giraffe stampede" is fun to watch. It occurs about 9:15 a.m., just after the zoo opens, and about 5 p.m., just before closing, when all the giraffes are moved to or from the valley into the giraffe building where they stay overnight.

The giraffes are eager for handouts from visitors, who can buy giraffe crackers at the admission booth or at stands in the valley. Visitors usually offer the crackers to the giraffes in outstretched hands.

A small herd of giraffe statues mark the entrance to the valley. Several displays in the giraffe house educate visitors about giraffes, including a cut-away figure.

Other animals in the African Rift Valley include African crowned cranes, meerkats, Red River hogs, Colobus monkeys, antelopes, African ground birds and vultures. The Cheyenne Mountain Zoo is known for its natural habitat exhibits, and the Asian Highlands is another worthy exhibit. Amur leopards, tigers and Pallas' cats are at home there. The animals roam at

will among rocks, trees and perhaps a waterfall, behind glass viewing areas. Some of the animals seem oblivious to the people on the other side of the glass, and may walk within inches of visitors. Of course, the natural habitat sometimes makes it difficult to find the animals, but give it a try — there are two young leopards in the exhibit.

The Lions Lair is also a natural habitat, occupied by adult lions and a couple of cubs born in March.

There's a Monkey Pavilion with gibbons, black howler and black mangabeys near the Colobus Café. Nearby is the antique Allan Herschell carousel, which costs \$2 per ride. The Tot Train, \$1 a ride, is nearby.

Many umbrella-shaded tables are

near the café, and there's an inside dining area in the air-conditioned café, where diners can choose from a menu of charcoal-broiled hamburgers or cheeseburgers, hot dogs, corn dogs or chicken baskets. There's also nachos, fries and salads, along with ice cream treats, soft drinks and bottled water.

My Big Backyard is popular with younger children. Oversize chairs, flowers and watering cans decorate the yard, and live chickens, rabbits, turkeys and goats are there to watch. A pathway through Old Gnarly, a giant "tree," leads to a nature-themed playground which has a giant concrete mushroom, a



Colobus monkeys are in the zoo's African Rift Valley.



Nearly two dozen giraffes are in Cheyenne Mountain Zoo. The herd is the largest in captivity in the world.



Places to see in the Pikes Peak area.

Oct. 7, 2004

Zoo

From Page 25

large snake to crawl through and oversize figures of insects and bugs.

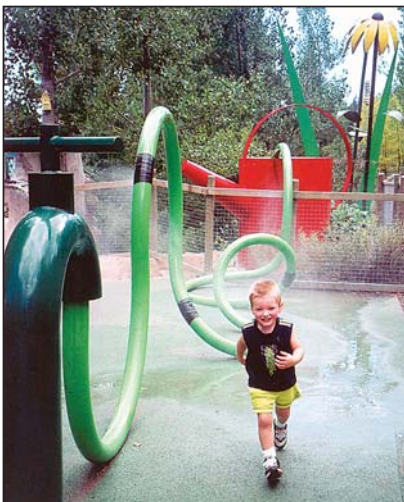
Other exhibits to see include the Asiatic black bears and spectacled bears, a Bird and Reptile House, the African elephants, birds of prey, the Aquatics House and Primate World.

Two hippopotamuses are at the aquatics display as well as Rockport penguins

An award-winning Wolf Woods is a mountainside exhibit where Mexican gray wolves are in a natural habitat.

More than 500 animals are in the zoo, and 250 species, including 50 species which are endangered or threatened.

Cheyenne Mountain Zoo was started in 1926 by Spencer Penrose, who also owned the nearby Broadmoor Hotel. Penrose donated his private collection of animals to start the zoo.



A giant garden hose "mister" in My Big Backyard cools off a hot visitor.



Spectacled and black bears are in Cheyenne Mountain Zoo.

The animals had previously been housed near the hotel and on Penrose's ranch, now Fort Carson's Turkey Creek Ranch. Elk, bears, coyotes, monkeys, foxes and an elephant were in the collection.

Penrose also acquired the antique carousel for the Cheyenne Mountain Zoo. The carousel had been used in the 1932 World's Fair in Seattle and is one of the last hand-carved carousels built.

The zoo is held in trust for the citizens of Colorado Springs, and is only one of a few accredited zoos in the nation which doesn't receive public support.

Because of its location on a mountain, Cheyenne Mountain Zoo has a 120-foot gain in elevation from the parking lot to the Asian Highlands exhibit, and many paths and walkways are steep, hilly and difficult. Some visitors elect to take the tram to the top of the zoo and walk down. The zoo tram makes seven stops, and riders can take unlimited rides for the fare of \$1 per person. The tram is handicap and stroller accessible, and makes a round trip through the zoo in about 15 minutes. The tram runs daily from Memorial Day through Labor Day and on sunny weekends during the fall.

Strollers are for rent near the zoo's entrance.

There's a large gift shop at the zoo's entrance/exit, which features a plethora of animal-themed toys and gifts as well as posters, T-shirts, hats, animal slippers and other mementos.

About a half-million visitors are at the zoo annually. It is open every day of the year at 9 a.m., closing at 5 p.m. in winter and at 6 p.m. in summer.

A zoo membership is available for people who make repeated trips to the zoo and offers a savings and other benefits. Inquire at the admissions desk.

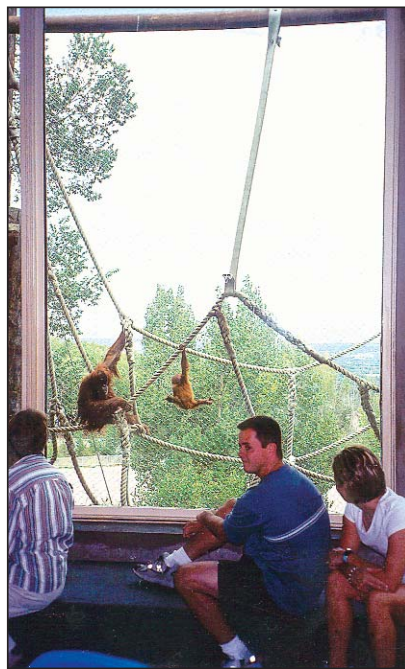
Special parties, birthday parties, family reunions or company picnics can be held at the zoo. Rent a site, or the whole zoo. Call 633-9925, Ext. 127 for information.

"Boo at the Zoo" is a Halloween tradition at the zoo from 5:30 to 8 p.m. Oct. 22, 23, 24, 29, 30 and 31. Children are encouraged to come in costume and enjoy treats, games and cartoons. Admission is \$5 per person for adults and children, those under age 3 are admitted free. To ease parking, shuttle buses will run every 15 minutes from the Sears store in Broadmoor Towne Center. Boo at the Zoo tickets can be pre-purchased at area King Soopers stores.

Higher up on Cheyenne Mountain is the Will Rogers Shrine. Zoo visitors may visit the shrine by showing their entrance receipt. The shrine is accessed by car, driving through the zoo and following signs. The shrine was built by Penrose to honor his friend Will Rogers. Park nearby and ascend the many stairs to the top. The 80-foot stone monument is filled with historic pictures commemorating events in Will Rogers' life, and murals depicting early development of the region. A spectacular 360 degree view can be seen from the top of the tower.

Zoo admission is \$12 for anyone older than 12; \$6 for ages 3 to 11; children under two are admitted free. There's a \$1 discount for military and family members with valid identification cards.

To get to the zoo from Fort Carson, take Interstate 25 to the Circle Drive exit and go west on Circle, which becomes Lake Avenue and ends in front of the Broadmoor Hotel. Take a right in



Visitors watch a young orangutan play while under the watchful eye of its mother.



Two young Amur leopards play in the Asian Highlands at Cheyenne Mountain Zoo.

front of the hotel, go around the hotel, then follow the signs to the zoo at 4250 Cheyenne Mountain Zoo Road. An alternate route is to take Highway 115 north, follow the signs to the Broadmoor Hotel (going west), then follow signs for the zoo.

Just the Facts

- **Travel time** 15 minutes
- **For ages** all
- **Type** zoo
- **Fun factor** ★★★★★
(Out of 5 stars)
- **Wallet damage** \$\$ plus food
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
\$\$\$\$ = \$61 to \$80
(Based on a family of four)

Happenings

Get Out!

Turkey Creek Ranch

Turkey Creek Ranch has an end of season sale on trail rides. Through Oct. 13, trail rides are \$5 off regular price; call 526-3905.

Air Force Academy football

The next Division I-A football game at Air Force Academy Falcon Stadium is New Mexico Saturday; BYU is in the stadium Oct. 23. The final two games are Nov. 13, against San Diego State and Nov. 20, Colorado State University is on the field. Call 472-1895 for ticket information.

Corn Maze

The annual corn maze at JoyRides Family Fun Center is open from 11 a.m. to 5 p.m. Admission for the maze is \$5 for anyone 12 and older and for \$3 for children 11 and under. A hay ride is \$7 for adults and \$5 for children, with a discount for people who've purchased a wristband for rides. JoyRides is off East Platte Avenue.

Haunted Houses

It's time for a "Nightmare on Platte," as JoyRides Family Fun Center opens its haunted houses, Demented Journey, Planet of Terror and Misery Mile. Across the street at the Flea Market, there's Mind Seizure and Nightmare Machine. Dates are today through Sunday, Thursday to Oct. 17 and 21 to 31. Admission ranges from \$1 to \$11; call 527-3787. JoyRides is at 5150 Edison Ave; the Flea Market is 5225

E. Platte Ave. Web sites are Joyridesffc.com and Mindseizurehauntedhouse.com.

New exhibits

A new exhibit is in the Fine Arts Center, 30 W. Dale St. "Ansel Adams and Edwin Land: Art, Science and Invention," a display of photographs is in place through Oct. 24. Admission is \$5 for adults, \$3 for students with identification.

Special Egyptian Exhibit

"The Quest for Immortality: Treasure of Ancient Egypt" is in the Denver Museum of Nature and Science. It is the largest collection of sacred Egyptian artifacts ever displayed outside Egypt and requires an additional charge. The museum is off Colorado Boulevard in City Park. Go online at www.dmns.org.

Fine Arts Center theater

"A Funny Thing Happened on the Way to the Forum" runs through Oct. 24 at the Fine Arts Center theater, 30 W. Dale St. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$25; 634-5581.

Pikes Peak Center

"Fiddler on the Roof" is in the Pikes Peak Center, 190 S. Cascade, Oct. 20 and 21 at 8 p.m. Call 520-9090 or 520-SHOW for ticket information. Tickets start at \$32.

Slavic Fest

The annual Slavic Fest at St. Mary's Eastern Orthodox Church is Saturday, 11 a.m. to 6 p.m. and Sunday, noon to 6 p.m. and includes ethnic food, dancers and music. The church is at 19485 N. Calhan Highway, east on Highway 24 to Calhan, left onto Yoder

Street/North Calhan Highway, then five miles north to the crossroads. Call 347-2526 or 599-4440 for information.

Pikes Peak Philharmonic

The Pikes Peak Philharmonic performs Oct. 17 at 3 p.m. at Radiant Church, 4020 Maizeland Road and Oct. 19 at 7 p.m. at Sierra High School, 2250 Jet Wing Dr. Tickets are \$6 for adults, \$4 for students or \$12 for a family.

Veterans Day Parade

A Veterans Day parade through downtown Colorado Springs is set for Nov. 6 at 9:30 a.m. This parade has been an annual event in Colorado Springs for several years.

World Arena

The Colorado Springs World Arena is selling tickets to the Denver Nuggets/Milwaukee game Thursday at 7 p.m. Randy Travis and Andy Griggs are in the arena Oct. 17. The TJ Maxx Tour of Gymnastics Champions is Nov. 10 and Yanni performs Nov. 29; call 576-2626.

Having fun at the YMCA

Military families may join Southeast/Armed Services YMCA for Family Fun Nights Friday and Oct. 22. Membership is not required. Dinner is at 6:30 p.m., then enjoy YMCA facilities. Cost is \$2 for adults and \$1.50 for children.

Pioneer museum program

Storyteller John Stansfield tells stories and myths of the Pikes Peak region geared for children 6 and older and their parents. The free program is Oct. 16 at 2 p.m. at the museum, 215 S. Tejon St.

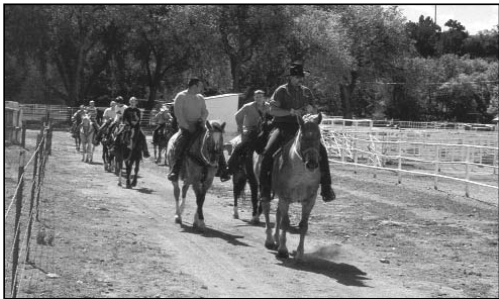


Photo by Nel Lampe

Trail rides ...

Take a trail ride on horseback at Turkey Creek Ranch. Through Wednesday, there's a \$5 discount on trail rides. Call 526-3905 for reservations, information, dates and varieties of trail rides available. Turkey Creek Ranch is 10 miles south of Fort Carson's main gate, on Highway 115. Picnic facilities and a playground are available, as well as a few food and picnic supplies at the general store.



Program Schedule for Fort Carson cable Channel 10, today to Oct. 15.

Army Newswatch: stories on the return of the Army deserter, eArmy U and Florida hurricane relief (repeat). Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on Hurricane Ivan, the USS Chung Hoon and the USS Constitution. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on Operation Enduring Freedom, the Fox Patrol in the Kyrgyz Republic and Florida hurricane damage (repeat). Airls at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airts at 9 a.m. and 5:30 p.m.

The Pentagon Channel plays on Channel 9. In addition to standard programs like Army Newswatch, the channel will feature other Army-related programs, including briefings and other Army news.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

For additions to the Community Calendar, please submit an e-mail to the above address. Send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.